

# The Bad Girl Open

- WHEN:** Sunday, January 18, 2009
- WHERE:** Focused Individual Training (FIT)  
600 Rancho Shopping Center  
Los Altos, CA 94022
- DIRECTOR:** Dave Corbin 650 823 1124 email: [dbcornin@gmail.com](mailto:dbcornin@gmail.com)  
Rob Earwicker 831 234 8096 email: [rob@focusedtrainers.com](mailto:rob@focusedtrainers.com)
- ELIGIBILITY:** Open to all Women Lifters of all ages.
- LIFTS:** The Snatch and the Clean and Jerk.
- RULES:** IWF rules apply. One piece lifting suit required or tight fitting shorts and shirts that covers the trunk and does not cover knees or elbows.  
Waiver: First time competitors may lift in shorts and T Shirts

## Competition Schedule

<u>WEIGHT CATEGORIES</u>	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
Women.... 48kg & 53kg	9:00 - 10:00 AM	11:00 AM
Women.... 58kg & 63kg	11:00 - 12:00 AM	1:00 PM
Women..... 69kg, 75kg & 75+kg	2:00 - 3:00 PM	4:00 PM

- ENTRY FEE:** \$40.00. \$20 for Juniors.  
Late Entry Fee \$50, \$30 for Juniors **Spectators Free**
- DEADLINE:** January 5, 2009 (in possession at FIT or postmarked)
- AWARDS:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> for each Weight Class  
Outstanding Female, Junior Female, Masters Female  
**COMMEMORATIVE T-SHIRT TO ALL WHO ENTER.**

**MAIL ENTRY** form and entry fee to the address above. Entry form is available at:  
[www.badgirlopen.com](http://www.badgirlopen.com)

**CONCESSION:** Drinks, energy bars, and fruit sold on site. Bagels, other sandwiches and Starbucks coffee within walking distance.